



DOGS' DAYS
SHEEPDOGS' SUCCESS
DIDN'T COME
OVERNIGHT {page 17}

**STAR
SHINES**
EX-NBA
PLAYER
READY
FOR
HALIFAX
DEBUT
{page 33}



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News worth
sharing.

Halifax goes crazy for Prince

► Photographers not allowed to shoot last
night's show ► Singer's first time in city



**JENNIFER
TAPLIN**
@METRONEWS.CA

Prince asked Halifax to go crazy.
They sure did.

"Halifax!" the soul-funk-
rockers yelled as he ascended
through the middle of the stage
in the smoke. From then on Prince
didn't take a breath for at least six
songs and the crowd was on its
feet, clapping, singing, grooving
and getting down.

"Halifax, you're the best place
on earth right now," he said, to
his screaming fans.

He loved repeating "Halifax"
and even worked it into several of
his songs throughout the night,
with the audience in full approval.

He sang his big hits of course,
1999, Kiss, Let's Go Crazy, Rasp-

berry Beret, but also some covers
too. He did some disco gems like
Get Down Tonight by KC and the
Sunshine Band, Let's Go by The
Cars, and also Michael Jackson's
Don't Stop 'Til You Get Enough.

"Wait!" Prince said as his back-
up singers were getting into it. "I
didn't write that one." But he sang
it anyway.

Prince had a few costume
changes but wore black pants, a
black silky shirt with a tail, and a
black and gold vest through most
of the concert.

He performed for over two
hours with at least five encores.
One of them was Purple Rain and
he asked the whole building —
from the ushers to the crew and
the audience — to sing along. Pur-
ple and silver confetti sprinkled
down on the crowd.

Mo. Face



► Retired RCMP officer Gerry White reacts while his moustache is shaved off for the end of the Movember fundraiser at Halifax Regional Police headquarters yesterday. He's had a moustache since 1975. See story on Page 3.

RYAN TAPLIN/METRO

Just a little off the top lip, please

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Mo'mentous moment

► Movember raises money and awareness for prostate cancer and men's health ► Second year Halifax Regional Police, Halifax RCMP participated

Mighty mo

As of yesterday, 7,470 people in Nova Scotia were registered at Movember.com — more than double last year's participants — and raised more than \$755,000.



► Gerry White reacts to seeing the results of a Movember moustache shave yesterday at Halifax Regional Police headquarters. About 20 current and former HRP and RCMP officers participated in the shave-off event.

ALY THOMSON
HALIFAX@METRONEWS.CA

Gerry White will miss his mo', for now.

It's the first time the former RCMP officer has gone with a bare upper lip since he joined the force in 1975. But it's all in good fun, and for a great cause, he said yesterday.

"It feels like when I was (19 years old)," White said just after the hairs of his

handle bar moustache hit the floor at Halifax Regional Police headquarters.

About 20 of HRM's finest got rid of their whiskers yesterday afternoon as this year's Movember events came to a close.

Three ladies from Carlo's Family Barbershop in Bedford were on hand to shave off the cookie dusters. Some officers even opted for a full-head buzz.

For White, his moustache will reappear as soon

as the hair grows back.

But Const. Will Penfound is happy to see his go.

"It was different, but I'm definitely glad to have it off. I won't be growing it back on my own time," said Penfound.

More than 100 police personnel participated in this year's grow-op, and raised more than \$16,000, said police spokesman Const. Brian Palmeter.

That ranks among the most money raised by a sin-

gle organization in the region, said Patrick Hemsworth, a volunteer with Movember's Halifax chapter.

"To hit (\$16,000) is huge. ... They've really come a long way," said Hemsworth, noting the force participated in Movember last year on a smaller scale.

Movember events in Canada got going in 2007 and Halifax opened a regional Prostate Cancer Canada office in March.

Teen charged in BBQ dine and dash

A Halifax teen was apparently in need of a hearty meal when he allegedly broke into a home early yesterday morning and fired up the grill.

At about 5 a.m., police say a resident in the 100 block of Main Avenue in Fairview woke up to flames near his garage.

When he went to go look, he discovered the flames were coming from his barbecue as a result of burning ribs that were stolen from a freezer in his garage.

Police say the victim extinguished the fire himself.

"We have heard of people making a meal or taking food while committing a crime, but certainly we've never had anybody ruin a rack of ribs in the commission of an offence."

POLICE SPOKESPERSON
CONST. BRIAN PALMETER

The ribs didn't make it. "Unfortunately, the rack of ribs couldn't be salvaged and they had to be disposed of," Palmeter quipped.

Police located an 18-year-old hiding in a nearby yard and he was arrested without incident. The male is facing charges including break and enter and theft.

● PHILIP CROUCHER

1

news


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We'll always have Movember: MPs put aside partisan differences to model their charity moustaches. Video at metronews.ca

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Act. Province



► Opposition Liberal MLA Kelly Regan talks with protesters out front of Province House yesterday. The protesters were calling on the provincial government to hike income assistance rates, make changes to the Tenancy Act, and make it easier to access affordable housing.

PHILIP CROUCHER/METRO

Income, rent, affordable housing

Tories demand costs

► Review Board says reporting energy initiative costs is laudable ► Members claim outside their jurisdiction



ALEX BOUILIER
HALIFAX@METRONews.CA

The Progressive Conservatives are renewing their call for the provincial government to disclose the cost of energy initiatives.

The Tories have been asking for months for the province to include the cost of renewable energy projects on individuals' residential power bill. The party's request was bolstered by Tuesday's Nova Scotia Utility and Review Board decision on power rates.

"The objective of having informed consumers is a

worth-while goal," says the board's 97-page report. "However, the board considers that the decision of how to inform ratepayers about the impact of government regulations and programs is a policy decision to be made by the Province."

The board noted a submission from the province stating that "putting blinders on" and simply looking at the costs — as opposed



► Charlie Parker

to the benefits of moving away from fossil fuels — is misleading.

But Energy Minister Charlie Parker says that information is already publicly available. "We're seeing it somewhere around one half of one per cent of that increase that was given, 6.1 per cent on residential for example," he said. "The amount of renewables was outlined there very clearly ... it was somewhere around \$3.3 million in total."

The PCs say that figure is only for renewable energy projects, not the total cost of the province's environmental targets.

Seven steps towards sustainability: Alliance

Walter Regan wants to see HRM staff and councillors "cut the legs off the frog" of poorly planned development in the region.

The president of the Sackville Rivers Association was one of several people who made presentations yesterday as a part of Our HRM Alliance's "solutions" to a more livable and sustainable municipality.

Regan pleaded the case of protecting water resources, one of seven recommendations the group hopes Halifax regional council will adopt as a part of the five-year review of the regional plan to be presented next September.

"Let's make a positive statement, that our water resources are important to us," said Regan.

He urges HRM to commit to improving the

"This is what we need for a better HRM."

JEN POWLEY, CO-ORDINATOR OF OUR HRM ALLIANCE

health of fresh and coastal waters by adopting management policies, and by phasing out existing building permits on low lying coastal areas, among others.

Members of the newly-formed Alliance presented the goals at the Findlay Community Centre in Dartmouth on large green puzzle pieces, forming a puzzle in the shape of HRM.

Among the other solutions were investing in the downtown core, transit and active transportation; greenbelting to preserve wilderness areas; adhering to regional growth targets; evaluat-

ing development charges to ensure the region isn't burdened by growth; and developing measures to keep council and staff on track with timelines related to the regional plan.

Moving forward, the recommendations will be presented to council's Community Design Advisory Committee and individual councillors, said Jen Powley, co-ordinator of Our HRM Alliance.

"We view this as our opportunity to make change," she said. "These seven recommended solutions are focused on achieving that sustainability," she said.

Our HRM Alliance was formed in May and now has 33 members including the Downtown Halifax Business Commission and the St. Margarets Bay Stewardship Association.

● ALY THOMSON/METRO

Savage over Kelly for Mayor: Poll

Mike Savage holds a slight lead over Peter Kelly in the race for mayor among both declared and undeclared candidates, a new survey reveals.

The poll released yesterday from Halifax-based Corporate Research Associates asks if an election were held today, who would you choose for mayor from a list of candidates?

Savage placed first with 41 per cent, followed closely by Kelly with 37 per cent. The four-point difference

falls between the polls margin of error of 4.9 percentage points.

NDP MLA Howard Epstein garnered 13 per cent support, Tom Martin had six per cent and David Boyd one per cent.

Kelly, Martin and Boyd have declared their candi-



► Mike Savage

dacy for mayor in next October's municipal election, with Savage and Epstein both rumoured to be taking a run.

In a two-way battle between Savage and Kelly, the former Liberal MP for Dartmouth-Cole Harbour holds a 53 to 41 per cent lead, a three-point gain from the same poll question in August.

The poll, conducted between Nov. 2 and 16, asked 400 adults residents of HRM. ● METRO HALIFAX



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► Premier Darrell Dexter speaking to reporters earlier this year.



ALEX
BOUTILIER
@METRONEWS.CA

Michelin Canada has told the province in no uncertain terms that new labour legislation would damage

their ability to compete with other plants for investment.

Michelin Canada President Dana LeBlanc told the legislature's law amendments committee last night the labour envi-

ronment is a "key component" of his parent company's decision making process on which of their 18 plants to invest in.

"Simply put, it makes it very difficult when you have legislation such as Bill 102 ... and the instability in the legislation, it makes my job and other peoples' jobs very difficult to sell Nova Scotia as a better place to invest in," LeBlanc told reporters.

"We'd like to hire more Nova Scotians than we have working today. And part of that challenge is, if you don't have that investment, that's very difficult to do."

Michelin is the second large employer in three days to publicly speak against the bill.

On Monday, Sobeys Vice President of Human Resources David Fearon told the committee his company felt the legislation was unnecessary and potentially damaging to Nova Scotia's reputation.

Labour leaders have accused the business lobby

3,900 the number of employees Michelin Canada has in three Nova Scotia plants.

of "fear mongering" on first contract arbitration, which allows a newly-certified union or their employer to seek third-party arbitration in the event of a breakdown in negotiations.

After presentations last night, the NDP circulated a list of proposed amendments to Bill 102 that would affect how long employers and employees have to reach a compromise.

If the two sides can't reach a first contract in 120 days, either the employee or the employer could apply to the province's labour board to extend the process up to 60 more days.

If the two sides are in agreement more time is required to reach a contract, they can set their own timelines for negotiations.



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NDP reschedules law amendment presenters

RYAN TAPLIN/METRO

Opposition parties were crying foul yesterday after Justice Minister Ross Landry made a last minute rescheduling for public presentations on contentious new labour legislation.

Eight presenters were originally scheduled to speak on Bill 102, which would introduce first contract arbitration in Nova Scotia, to the legislature's law amendments committee today.

But early yesterday morning, Landry suggested a change in the order to squeeze all eight in last night. Landry said the move was in the interest of time.

"The only time constraint this government has is that Christmas is coming," charged Tory House Leader Chris d'Entremont.

"The Speaker's Christmas party is on Wednesday, and they want to get



► Ross Landry

the hell out of here ... (if) we need to be here for the province's business, we need to be here for the province's business."

Landry later said the matter was purely a scheduling issue — he's also the chair of the select committee on the establishment of an electoral boundaries commission, which also meets today.

"There's no hidden agenda here," said Landry.

Landry said the re-scheduling was due to the fact they could not accommodate everyone who wanted to speak last night.

● ALEX BOUTILIER

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Province amends environment act

► Changes would remove need for approval for low-risk projects ► No more committee for environmental issues

ALEX BOUTILIER
@METRONEWS.CA

The Department of Environment is moving to change the approval process for low-risk environmental projects in an effort to spend more time in the field.

Under amendments to the Environment Act revealed yesterday, low-risk projects — such as the installation of a culvert — would not require approval by the department. Instead, a set of regulations would be developed so department staff can spend more time on enforcement and larger, riskier projects.

“(The changes) will give



► Sterling Belliveau

the department more flexibility to use the best approaches to protect the environment,” Environment Minister Sterling Belliveau told reporters.

“Most importantly, (the changes) will give our staff

more time in the field, dealing with issues that affect our environment.”

The changes also include different wording for “adverse effects.” Currently, the legislation requires Department of Environment officials to investigate complaints for things like excess barbecue smoke.

The province is also doing away with the Environmental Assessment Board, in favour of tapping consultants to deliver recommendations on a case-by-case basis.

The amendments do not include the introduction of administrative penalties — essentially fines for failing to file proper paperwork and the like.



Provincial. Ceremony

► Wayne Adams of East Preston, the province's first black MLA, is awarded with The Order of Nova Scotia from Lt.-Gov. Mayann Francis at a ceremony yesterday at Province House.

RYAN TAPLIN/METRO

Highest honours awarded to five

Wayne Adams was one of five people to receive the honour yesterday. The others are Bruce MacKinnon of Halifax, Budge Wilson of Halifax, Sir Graham Day of Hantsport and Joseph Marshall of Eskasoni.

Carvery re-elected

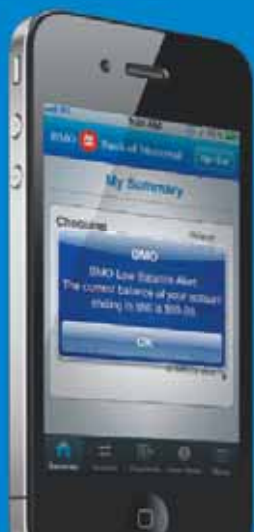
Irvine Carvery has been re-elected as chair of the Halifax Regional School Board. The vote was made at

last night's school board meeting. Board member Gina Conrod was voted as vice-chair.

4 The number of consecutive wins for Irvine Carvery as chair of the board.

Each position is a one-year term. ● METRO

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Suspects in window smashings sought

Police are searching for suspects after the windows of several vehicles in Dartmouth were smashed out with BB gun pellets earlier this week.

On Tuesday, police received six complaints of windows being smashed in the areas of Portland Hills and Colby Village

overnight Monday.

In at least five cases, the back windshield of the vehicles were shattered, said Const. Tammy Lobb with the RCMP.

During one incident, there were occupants inside the vehicle at the time, but no one was injured.

Lobb said all the vehicles were parked at the time.

Small pellets found in the vehicles indicate the damage was caused by a BB gun, she said.

● METRO

Another bidder named in mill sale

The court-appointed monitor overseeing efforts to sell a shuttered Cape Breton paper mill has named a second bidder interested in buying the factory.

Ernst & Young issued a news release yesterday saying that Pacific Western Commercial Corp., based in Vancouver, is one of the four remaining bidders for the NewPage mill in Point Tupper, N.S.

The release says the company is associated with Stern Partners, an investment firm in Vancouver, and that Stern

Partners also owns Alberta Newsprint Co., of Whitecourt, Alta., and Westland Paper Co., an Oregon-based mill.

The union representing NewPage workers has already said it has held negotiations with another firm, Paper Excellence, which has headquarters in B.C. and is a subsidiary of Asia Pulp and Paper.

A spokesman for Ernst & Young said on Tuesday that the monitor is expecting final bids for the mill to be completed by Dec. 16.

Ernst & Young has stated there are four bidders for the mill, including two that want to continue operating the mill and two that would close it permanently and sell off its assets.

THE CANADIAN PRESS

Alberta comes a'calling

Recent negotiated increase in nursing contract helps keep employees here: Official



JENNIFER TAPLIN
@METRONEWS.CA

Health workers

► **Shipbuilding.** Halifax may see an increase in health care workers with families moving here for shipbuilding work.

Alberta Health Services is in town today, looking for a few (thousand) health care professionals.

Representatives from Alberta are hosting the event at the Westin in Halifax and, while there's plenty of openings in all fields, nurses are at the top of the most-wanted list.

Angela Girvan, with Alberta Health Services, said they're not looking to poach, just to let people know there are plenty of opportunities out West.

"We've got ongoing demand for health professionals," she said.

"It's to make people generally aware that we're a system that needs health care workers."

Bruce English, with Capital District Health Authority (CDHA), is not too worried. He said it used to be common to have other provinces come in to recruit workers, and Nova Scotia has done it too in the past.

Ontario, British Columbia and Alberta slowed down on hiring in the past

few years with the slower economy, he said, but now that's turning around and they need to fill positions for new facilities and to cover retirements.

"For the past 18 months we've been in a very good position with our vacancies and being able to fill them and it's probably been the best it's been in a long time," he said.

Workers here are putting off retirement and others are making their way back to the Maritimes after working out West.

At any one time, Capital Health has about 40-50 vacancies. To compare, Alberta — which has one provincewide health district — has about 2,000 postings for jobs, but not necessarily vacancies, a month.

"We may (lose some) but we're also able to attract people to come work in Halifax," English said.



► Registered nurse Nickie Bourdage, left, and paramedic Kim Joyce tend to a patient at the QEII Health Sciences Centre in this photo from September.

Hard time finding work

Since there are so few vacancies here, new

grads often have a hard time getting work, said CDHA's Bruce English.

"What we typically find as the hardest to fill are nursing, labs and diagnostic imaging."

● JENNIFER TAPLIN

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► A crowd gathers outside the former SPCA Cape Breton building earlier this month.

Workers won't leave shelter

► **Animal shelter dispute now expected to go through the courts**

A group of animal protection workers defied a demand from the Nova Scotia Society for the Prevention of Cruelty to Animals to leave a shelter yesterday, arguing they hold the deed to the facility.

Robert Sampson, a lawyer for the workers, said they would await further legal action from the Nova Scotia Society before deciding how to proceed in the deepening dispute between the two sides.

But he said the group in Sydney is a registered corporate entity that has its own board of directors and holds the deed to the shelter in Whitney Pier.

"Nobody's leaving," he said in Sydney. "It's business as usual. We're there by right of legal and moral ownership."

Sampson said the Sydney operation changed its name to the Cape Breton Humane Society after the Nova Scotia Society dissolved the former group

and fired the shelter manager, saying there were significant deficiencies in the care of animals there.

Kristin Williams, executive director of the provincial body, said her group will go through the courts to resolve the dispute and may get an interim injunction that could determine who owns the property.

"Because they've demonstrated that they have no intention of peacefully transferring the facility over, we now will seek remedy through the court," she said.

"One such remedy would be an interim injunction."

She said the property should have reverted to the provincial organization when it dissolved the Sydney branch.

She said she was served with a Protection of Property Act notice Tuesday and told she would not be allowed to enter the shelter in Whitney Pier.

THE CANADIAN PRESS

Bang on Belle Vista came from BB gun: Cops

Police are investigating another BB gun incident.

A woman contacted police on Tuesday night to report an incident from the previous night. She said she was sitting in her vehicle with a friend on Belle Vista Drive in Dartmouth at about 10:15 p.m.

on Monday night. She heard a loud bang, but no one was hurt and there was no damage to the vehicle.

Police investigated and found a BB inside the vehicle. Investigators believe the BB was shot through the open driver's side window.

Police are investigating if this incident is linked to several others in Cole Harbour the same night.

● JENNIFER TAPLIN

Policy revised after custody incidents

Nova Scotia has a new policy about the information that can be released following internal investigations into major incidents involving people in custody.

Justice Minister Ross Landry says the policy follows one released in

March that deals with the disclosure of information on the incidents themselves.

The new policy applies to probes of incidents including assaults in custody that lead to hospitalization, deaths, escapes, the seizure of firearms and riots.

The government says certain information cannot be disclosed for legal reasons.

For example, if information flowing from an investigation involves a matter before the courts, it will not be released.

THE CANADIAN PRESS

Escapes

► The province has come under fire in the past after a number of embarrassing escapes of people in custody.

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► AIDS was the major domestic public-health crisis of the '80s and '90s ► More recently, as medical research has provided longer and better lives to sufferers, the disease is no longer seen in this country as a certain death sentence ► Today, World AIDS Day, Metro takes stock of how far — and in what direction — we've come

HIV up among women, youth

World
AIDS
Day '11



Men may make up the largest group of new HIV infections in Canada, but recent findings point to new demographics whose infection rates are on the rise: youth and women.

Thirty per cent of females diagnosed with HIV are between the ages of 15-19, up 16 per cent from 1996, says a report by the Public Health Agency in Canada.

Since 1985, youth between the ages of 15-29 have accounted for 26.5 per cent of new HIV cases.

These numbers prompted the Canadian AIDS Society to launch a month-long awareness campaign, called Get Out And Do Something, which targets youth.

"It was designed for youth because we are seeing a complacency," said Monique Doolittle-Ramas, executive director of the Canadian AIDS Society.

She said part of the problem is that the issue isn't in their face.

"You can't look at somebody and say, 'This person

"(Many youth) actually thought the (AIDS) treatment was a cure."

**MONIQUE DOOLITTLE-RAMAS,
EXECUTIVE DIRECTOR OF THE
CANADIAN AIDS SOCIETY**

has HIV.' (But) it's in every community, every neighbourhood."

Doolittle-Ramas said many people don't realize that women represented 26 per cent of positive HIV tests in 2008.

Despite that, young girls are often schooled to use condoms to prevent pregnancy and STIs but not necessarily HIV.

"We need to be comfortable having that discussion and I'm not sure we are," she said.

Andre Ceranto, a co-ordinator at AIDS Committee of Toronto (ACT), said some women are contracting the illness from their monogamous partners.

"Asking serious questions such as 'Have you been tested for HIV?' remains a taboo subject even in relationships," he said.

Dr. Evan Wood, co-director of the Addiction and Urban Health Research Initiative at the B.C. Centre

for Excellence in HIV/AIDS, says Canada's drug laws are fuelling an increase of HIV transmission among young women.

"(Jail) ... drives vulnerable groups to the margins of society, where HIV is more likely to spread," he said.

Doolittle-Ramas said she doesn't think Canadians realize that 65,000 people in this country are living with HIV/AIDS.

"It's a discussion we have to have," she said. "Unfortunately it does not lead in media stories any longer, so we have a big job to get the information out."

● KENDRA WONG IN VANCOUVER

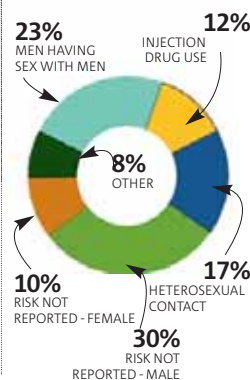
Distinction

► HIV. Human immunodeficiency virus is transmitted through sexual fluids or blood. The virus affects the immune system and inhibits its ability to fight off infection. HIV can develop into AIDS within an average of ten years.

► AIDS. Acquired immune deficiency syndrome is diagnosed when a person's white-blood-cell count drops below 200 (the average is between 600 and 1,200). The immune system becomes severely weakened and is no longer able to fight off infection.

Risk analysis

Among those who have tested positive for HIV in Canada, the following behaviours were reported:



Nova Scotia

Five people under age 30 reported they were HIV positive to Nova Scotia Public Health in 2010.

People under 30 represented just over 30 per cent of all new cases of HIV.

There were 15 new reported cases of HIV in Nova Scotia in 2010. People in Nova Scotia were infected with the disease

at rate of 1.6 cases per 100,000.

There were 14 new reported cases of the disease in 2009. Eleven of those new cases were contracted through sexual contact.

As of 2009 there were 776 people in total in Nova Scotia and Prince Edward Island with HIV. Six hundred and fifty-four of those cases were men and 110 were women.

"When you look at the age distribution between males and females you're seeing a lot of the proportion of cases in the younger age groups are among women," said Michelle Proctor Simms of the Nova Scotia Advisory Commission on AIDS.

Men are still contracting the disease at a higher rate. Six men are infected for every woman.

● HEATHER GILLIS

Your tweets

Are today's youth better or worse educated on HIV? Does online access influence that?

► @SueNDN: not educated enough!! talked to a public health nurse who said 5 diagnoses were made in one wk w teens and hiv :(

► SurviveNGrind courtney smith: I find that the internet doesn't censor certain things and gives negative exposure to the youth, a lot of access to porn i.e

Does where people meet these days have any bearing on safe sex (stranger in a bar vs. a stranger online)?

► @Clj1965 : @metrohalifax both a bad idea

► @donnaleaelliott: ppl think internet dating scene is safe, some ppl talk for weeks b4 meeting in real life so they think it's safer

What has changed with regard to HIV-AIDS in the last 20 years?

► @daphtpunk: perceptions, prevention, and awareness.. remember De-grassi episode when scared to touch kid w/ HIV?

For more on World AIDS Day go to {Pages 11 & 12}

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Canada

Giving pandemic a mainstream face

TORSTAR NEWS SERVICES FILE



1985: Death of Rock Hudson

The '50s matinee idol's AIDS-related death in October 1985 was a seismic moment in the disease's history, prompting the public to rethink knee-jerk reactions that had characterized AIDS sufferers as deviants. Donations to research efforts flourished in the wake of the actor's death.

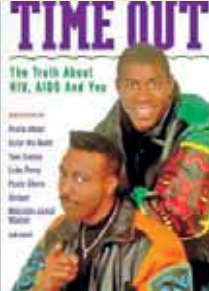
FRANK MICELOTTA/GETTY IMAGES



1991: Salt-N-Pepa "Let's Talk About Sex"/"Let's talk about AIDS"

S-n-P's mega-hit (and alternate version, which more directly addressed the pandemic) is a mark of AIDS' destigmatization in the mainstream. To the kids doing the running man to this track at middle-school dances, AIDS was everyone's problem, not just a gay problem.

IMDB.COM



1992: Magic's crusade

It would be hard to name an organization with more youth cachet circa 1991 than the NBA, and it would be even harder to name a man more widely loved than Magic Johnson. The HIV-positive superstar played on the Dream Team, stayed cool with Arsenio and has since proved that life after diagnosis can be long and rich.

REED SAXON/THE ASSOCIATED PRESS



1994: Tom Hanks wins Oscar for Philadelphia

Perhaps unsurprisingly it took almost 15 years for Hollywood to provide its mass audience with a sympathetic portrait of a well-to-do white man with AIDS. It's also instructive to consider how resolutely this narrative — that of the AIDS sufferer's stoic reckoning with a death sentence — has been abandoned.

MELINDA SUE GORDON/SMPS



2004: Team America: World Police

Cut to 10 years later: the South Park guys' score a hit with Everyone Has AIDS, a musical mockery of the solemnity of Rent, which debuted on Broadway in the mid-'90s. Back then, the song would have been seen as malicious; in the mid-aughts, tellingly, it was merely irreverent.

● METRO



To complete an online quiz and to read about the frontline battle in Peru against the killer disease, visit metronews.ca/AIDSday

For a full list of AIDS Day-related events across Canada, visit worldaids.ca

For more on World AIDS Day go to {Page 12}

SEARCHING FOR THE POSITIVE IN BEING POSITIVE

MEMOIR

CHRISTOPHER WILSON
FOR METRO



July 2002: I was diagnosed as HIV-positive at age 28. I remember clearly when the nurse at the Hassle Free Clinic in Toronto asked me

how I was feeling after he spoke the words. I replied, "Shocked. Yeah, shocked." I knew that I had been with a positive partner in the past and that not all of our sexual practices had been safe. I had sincerely hoped not to keep a souvenir from that relationship.

I was terrified, and within an hour of leaving the clinic I found myself in the fetal position on a downtown sidewalk — in broad daylight — sobbing. Strangers stopped to see if I was all right, but their kind

faces from that day remain an emotional blur in my consciousness.

I eventually met my now ex-husband. He entered our relationship HIV-negative and remained so for the time we were together.

Four years ago, my doctor informed me that it was time to begin antiretroviral treatment. I became angry and resentful, not wanting to admit to myself that I would now be reliant on drugs to survive. I didn't take his advice and later contracted an AIDS-related

form of pneumonia that nearly killed me.

December 2012: I'm living vibrantly with HIV. The virus is certainly a part of my life, but it in no way defines who I am. I'm now divorced; my ex-husband could not ultimately negotiate this "thing" living inside of me.

I date casually, though I occasionally struggle with disclosure issues and potential rejection with HIV-negative men. But, in all honesty, I walk each day with the intention of find-

ing the positive in being positive.

Living with HIV can certainly be complicated, but I have learned that even the most seemingly insurmountable obstacles can be overcome. Yes, there have been health casualties and relationship losses along the way. But there has also been a great deal of strength and insight that I have learned from my journey.

Ultimately, HIV and its presence in my life, has led me to a much deeper and

richer understanding of myself and the world in which I live.

Christopher Wilson is the writer-composer of the new musical drama Living With Henry, which explores his life experiences and seeks to educate, inform and inspire others. It premiered at this year's Toronto Fringe Festival. A new production will be staged at the Next Stage Festival from Jan. 4-15 at the Factory Theatre Main-space. livingwithhenry.com

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Tonie, 48. Born in Alberta but adopted by a family in the U.S., where she grew up.

On HIV: "I wouldn't wish this on anybody. I would wake up and think, 'What, am I going to die this year?'"



James, 57. Born and raised in Cape Breton.

On his buying habits these days: "I went to ask my doctor, and he said, 'You're not going to die of AIDS, you'll die of old age.' So I went out and I bought the (photo) enlarger."



Cindy, 43. Born and raised in Toronto.

On HIV in her life: "My best friend in the whole world — we didn't talk again because she wouldn't let me hold her baby when it was born. ... It impacted all of my decisions."

The Face of HIV in Canada

One was a paediatric nurse; another a tradeshow exhibitor; another a musician and actor. Some are straight, some gay, some educated professionals; another was a runaway who lived many early years on the streets. Together, they represent the face of HIV — diverse in gender, sexuality, profession and upbringing.

In the leadup to World AIDS Day, Metro visited Toronto's Casey House. Once considered a hospice for those with AIDS to go in their final days, it's now a growing outreach centre as people living with HIV are living longer than ever.

Here we share some of their stories and important messages in this new age of HIV treatment.

For more photos and full profiles, go to metronews.ca/AIDSday.

TEXT EVA SALINAS PHOTOS CHRISTIAN PEÑA

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Kenneth, 51. Born and raised in Hong Kong, moved to Winnipeg at 16 on a student visa.
On prejudice: "I was bullied once — they called me a chink. Now people judge me because I'm blind. We adapt."



Kevin, 48. Born and Raised on St. Joseph's Island, northern Ontario.
On medication: "You remember how fragile you are as a human being every time you pop those pills."



Bruce, 46. Born and raised in St. Catharines, Ont.
On the face of HIV: "It was considered a gay disease. (Now) it's all walks of life. It could be your cousin, it could be your grandmother."

Was she a loving spy?

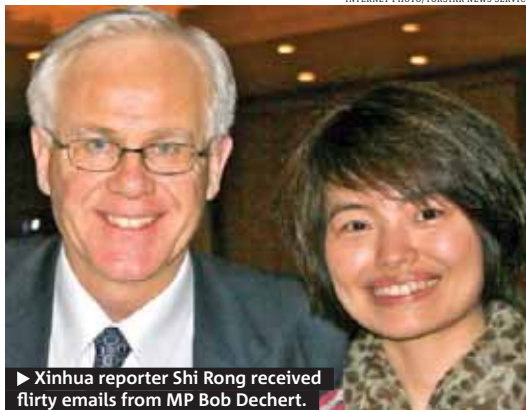
► Were Tories asleep at the wheel? ► Ex-China spy says they erred over MP's relations with Chinese scribe

A defector from China's spy service has sent a security warning to Ottawa.

Li Fengzhi says the Conservatives should have been more concerned when one of their MPs was exposed having a relationship with a reporter for China's state news agency.

Li, a former agent with China's Ministry of State Security, says politicians such as Foreign Affairs parliamentary secretary Bob Dechert are a top target of Chinese spies.

Dechert's affair with Toronto-based Xinhua reporter Shi Rong was revealed when someone hijacked her e-mail account and forwarded intimate messages she received from the Mississauga politician last year. The leak was traced back



► Xinhua reporter Shi Rong received flirty emails from MP Bob Dechert.

to an apparent domestic dispute with her husband.

Li said it's not possible to say with certainty that Shi sent intelligence back to Beijing, but the act of striking up a relationship with an elected official fits

the modus operandi of Chinese spies.

"That's the normal way to get the job done," said Li.

He defected to the U.S. in 2003 and is now believed to be working for

Love and risks

► Despite his declarations of "love" for the reporter, the married Dechert said that their relationship was merely "flirtatious."

► Shi was called back to China when the relationship hit the news. And that is just another reason to be suspicious, Li Fengzhi said.

► "If the lady was called back to China very soon, I think it's possible she has some relationship with the security services — even if she's not an official agent of the Chinese security services," he said.

the Central Intelligence Agency. He was speaking to a high-level Quebec conference on espionage through video link. For security reasons, his location was not disclosed.

TORSTAR NEWS SERVICE

Hockey. Toronto shrine



► A man on an escalator passes a sculpture of old Maple Leaf Gardens seats.

RICHARD LAUTENS/TORSTAR NEWS SERVICE

In Aisle 25 ... memories

There are packages of history among the groceries. Toronto's former hockey shrine Maple Leaf Gardens reopened yesterday ... as a Loblaws grocery store. The store features many homages to hockey, including posters and murals, and a marker to the old Centre Ice in Aisle 25.

Bullied girl, 15, left suicide note

A 15-year-old girl in Eastern Quebec has become the latest victim of school bullying.

Marjorie Raymond took her own life after being tormented in the schoolyard.

Raymond's mother, Chantal Larose, says her daughter left a suicide note saying she had been besieged for the last year and couldn't face another day in school.

In Quebec City, Premier Jean Charest called the girl's death a tragedy and says the government has

programs in place to fight bullying.

However, he admits it's an ongoing struggle.

Bullying has been blamed for several recent suicides by teens in Canada and the U.S., including the son of an Ottawa city councillor.

Teens themselves have been fighting back by promoting awareness and have even got help at an Ontario school from pop megastar Lady Gaga, who is an outspoken advocate against bullying.

THE CANADIAN PRESS

Schools act for sexual minorities

A policy aimed at protecting students and staff who are members of a sexual minority has been approved by the Edmonton Public School Board.

Board chairman Dave Colburn says it's a step to-

Gender policy

► The new rules are expected to be ready by the end of the school year.

ward eliminating bullying.

"It represents a further step forward toward ensuring the safety and well-being of sexual minority students, staff and families," Colburn said.

THE CANADIAN PRESS



► An anti-corporate protester dressed as a police officer mocks real British police officers in central London yesterday.

LEFTERIS PITAKAKIS/AP PHOTO

Outrage floods Britain

► Country sees largest strike in over 3 decades ► 2M public sector staff stopped working ► State-run schools closed and non-urgent hospital operations postponed

Paramedics, emergency crews, teachers and even some employees from the prime minister's office took to the streets of Britain for the country's largest strike in decades — drawing at-

tention to government cuts but failing to bring the nation to a standstill.

Public sector employees staged the one-day walkout Wednesday over government demands that they

work longer before receiving a pension and pay more in monthly contributions, part of austerity measures to tackle Britain's \$1.5 trillion debt.

The strike came a day af-

ter the government announced that public sector pay raises will be limited to 1 per cent through 2014 — even as inflation now runs about 5 per cent. **THE ASSOCIATED PRESS**



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► British police officers stand guard outside the Iranian Embassy in London yesterday. Britain's foreign secretary ordered Iranian diplomats out of the U.K. following attacks on the British embassy and a residential compound in Tehran.

KIRSTY WIGGLESWORTH/AP PHOTO

BRITAIN GIVES THE BOOT TO IRAN'S DIPLOMATS

Britain ordered Iran on Wednesday to remove all its diplomats from the U.K. within 48 hours following attacks on its embassy and a residential compound in Tehran — one of the most significant diplomatic retaliations against Iran since the 1979 U.S. embassy crisis.

Foreign Secretary William Hague told the House of Commons that Britain had also withdrawn its entire diplomatic staff from Iran after angry mobs hauled down Union Jack flags, torched a vehicle and tossed looted documents through windows.

The rare move to kick out a country's entire diplomatic corps marks a significant souring of ties between Iran and the West, amid deepening suspicions over Tehran's pursuit of nuclear weapons.

Tensions were heightened in October when U.S. officials accused agents linked to Iran's Quds Force — an elite wing of the powerful Revolutionary Guard — of a role in an

alleged plot to kill the Saudi ambassador to the U.S. Germany, France and the Netherlands all recalled their ambassadors from Iran late Wednesday for consultations on further action in response. Norway closed its embassy in Tehran as a precaution.

For many, the hours-long assault Tuesday on the British embassy in Tehran was reminiscent of the chaotic seizure of the U.S. embassy there in 1979. Protesters replaced the British flag with a banner in the name of a 7th-century Shiite saint, Imam Hussein, and one looter showed off a picture of Queen Elizabeth II apparently taken off a wall.

"The idea that the Iranian authorities could not have protected our embassy or that this assault could have taken place without some degree of regime consent is fanciful," Hague told lawmakers.

Iran currently has 18 diplomats in Britain, according to Britain's foreign ministry.

THE ASSOCIATED PRESS

Access to U.S. cash made easier for banks

► Temporary dollar loans to be reduced by half a percentage point next Monday ► Stocks surged when announced

The Bank of Canada and five other central banks have launched a pre-emptive strike in an attempt to ward off a new global credit crunch and a possible new global recession.

The European Central Bank, the U.S. Federal Reserve, the Bank of England and the central banks of Canada, Japan and Switzerland said yesterday they will make it cheaper for banks to access U.S. dollars.

The measure to reduce costs and access to U.S. dollars — thereby boosting liquidity and loan activity — was meant as a signal to markets that policy-makers are prepared to intervene aggressively at the first sign of trouble, said analysts. But it does not resolve the issue of sovereign debt in

Europe and the solvency of European banks with billions of euros in government bonds on their books, they added.

Finance Minister Jim Flaherty called the cooperation a “positive” indicator.

“One of the things that we see when there’s a great deal of uncertainty is a tightening of credit and that has been a challenge particularly with respect to U.S. dollars and some of the European financial institutions. This is a step forward,” he told reporters.

Flaherty reiterated that Europe is rich enough to help itself and should not rely on the International Monetary Fund, often called the bank of last resort for the poorest nations.

Analysts said European

Market moment

TSX



+ 471.67
(12,204.17)

Dollar



+ 0.95¢
(98.01¢ US)

Oil



+ 57¢ US
(\$100.36 US)

Natural gas

\$3.550 US
(- 8.3¢)

Gold

\$1,750.30 US
(+ \$31.40 US)

banks had been seeing their costs for acquiring funding in U.S. currency rise four-fold in recent months. **THE CANADIAN PRESS**

Bargain. Gifts



► An Associated Press reporter is shown demonstrating an app for shopping in front of an Old Navy store in San Francisco.

JEFF CHIU/THE ASSOCIATED PRESS

Smart giving with a smartphone

If you're trying to save cash and time this holiday season, turn technology to your advantage — a slew of new smartphone apps aimed at shoppers can help.

Export boost temporary: Analysts

Surging exports helped revive Canada's economy in

the third quarter after an unexpected spring swoon that appears to have been attributable to temporary factors. The real gross domestic product expanded by a 3.5 per cent in the

July-September period. The big lift came from exports, which grew 14 per cent during the quarter, contributing about five percentage points to overall GDP. **THE CANADIAN PRESS**

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'TIS THE SEASON TO SHOP TILL YOU (LITERALLY) DROP

HE SAYS ...

JOHN MAZEROLLE
METRO



Now that Santa Claus parades have passed, snow has fallen and stores have entered their seventh exciting week of Christmas music, I think it's safe to talk shopping.

Not that there's anything safe about it. The starting gun for holiday shopping is "Black Friday," though few Americans would use something as feeble as a starting gun to get their hands on a discounted DVD player.

This calls for heavy weaponry. It's in the constitution.

Even without firepower, Americans bulk up with turkey on "Black Thursday" to prepare for various cannon-ball moves needed to get at merchandise on Black Friday, shop at smaller stores on "Black Friday Hangover" and then online on "Cyber Monday." Other important days include "Utensil Blowout Tuesday," "Paisley Wednesday" and "The Thursday of Regret."

Meanwhile, Canadians watch the pepper sprayings and

shootings and stampedes and can only think one thing: We want in. Though there's an annual lament that North Americans have forgotten the true meaning of Christmas, I can assure you that holiday shopping has been crazy for at least my entire lifetime.

First it was Cabbage Patch Dolls. Nothing evoked the spirit of the season quite like old women having fist-fights over ugly, fat-faced dolls.

Then there was Furby, a pricey doll that first spoke

gibberish, but eventually learned English phrases like "A fool and his money are soon parted."

And who could forget Tickle Me Elmo, whose announcement "Heh, heh! That tickles!" was an interesting counterpoint to store clerks yelling, "Dear God! Get off my spine!"

It's never pretty, but what can be done? Well, I say this with utmost humility: Be more like me. If you shopped as I shop, we'd only need one shopping day. The entire continent would be done in minutes, actually. My goal during any shopping excursion is to treat the inside of the mall like it's Fukushima Daiichi — the less exposure the better. I'm a mission shopper.

RECORDING: Your mission, should you accept: We need a Chapters gift card, a backgammon set, and some sandalwood soap, whatever that is (women like it, we think). This MP3 player will self-destruct as soon as the warranty expires.

ME: I'll be in and out in 11 seconds.

With shopping complete, one can get back to the important things, such as enjoying the sights of the season, and repaying crippling shopping debts. And, because you skipped the violence, you'll have plenty of pepper spray next year for the repo man. Also, any store manager that decides to play Christmas music on Nov. 1.

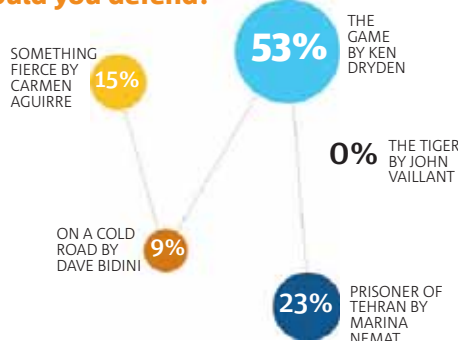
As we remember the true meaning of the season, let us spray.

Read more of John Mazerolle's columns at metronews.ca/hesays



Register at
metropolitanpanel.ca
and take the quick poll

Which book in Canada Reads contest would you defend?



Local tweets



►@KimHumes: 15 degrees at the end of November?! Um,

yeah I'll take this like EVERYDAY, #Halifax weather gods (thanks muchly)

►@FKParsons: That's no ordinary rain out there today, my friends. That there is #purplerain! #Prince #Halifax #Yay!

►@Andyroojohn: A week later and all the snow is gone! It's so true what they say about #Halifax - if you don't like the weather, wait a minute.. or a week!

►@cissmat: What's with the hurricane winds today, Hali-

fax? We had a deal! I agreed to live here if you let me cross streets in a straight line.

►@kirkconnell: @mayorpeterkelly is asking for more transparency in gov't. That's like Jeffrey Dahmer asking for less serial killers. #halifax #nspoli

►@happycho: Big Sarcastic Thumbs Up to #Halifax #MetroTransit bus 185 who swung onto Barrington St and almost into me this morning. #Thatsignsaysyield

►@bluenosergrl: You know, one of the things I love about #Halifax airport is the free wireless. Amazing how many still don't have this. #waitingmadeeasy

Daily Zoom

Foxy snow dive



Cunning fox goes 'mousing'

WYOMING. Deep in the Lamar Valley of Yellowstone National Park, this red fox uses its large ears to listen out for a mouse before "snow-diving" to try and catch it.

Richard Peters had only a handful of seconds to snap this fox in motion, which had waited 20 minutes before launching its attack.

● METRO WORLD NEWS



"In the end, the mouse was quicker. The fox came out with nothing in its mouth."

RICHARD PETERS, PHOTOGRAPHER

Wolves head for warmer climate

PHOTO TOUR. For the 33-year-old photographer from London, this fox snap was not what he had intended. As he explained to Metro: "I went there to photo-hunt wolves. But the harsh winter — with over two metres of snow and temperatures as low as -39 C — forced the wolves to migrate to warmer places."

● METRO WORLD NEWS



► The Sheepdogs are playing five sold-out shows in Atlantic Canada, including two this weekend in Halifax at The Seahorse.

2
scene

Winding road to fame

► Rolling Stone cover has The Sheepdogs now selling out shows across North America

BACKSTAGE PASS

JENNA CONTER
METRO HALIFAX



A Cinderella story ripped from the movies: A band schleps around on tour aboard a rickety old bus in the end achieving the ultimate thrill — getting on the cover of Rolling Stone magazine.

Sometimes art imitates life. After six grueling years of touring, a rock band from Saskatoon, Sask., — The Sheepdogs — beat out 15 contenders to become the first unsigned band to make it on the cover of Rolling Stone. “We were picked to be in the Choose the Cover Contest and it revolved around fans voting online,” said front man, Ewan Currie.

“There’d be tracks and footage of us performing in front of judges in New York uploaded and the

“Canadian fans are very proud of their own. We certainly enjoy that and that’s good help in grounding us.”

EWAN CURRIE
OF THE SHEEPDOGS

fans cut it down from 16 bands to eight — eight to four — and then four to two.”

According to Rolling Stone, more than 1.5 million people voted online. After spending a sum-

mer auditioning, the boys graced the Aug. 18 edition.

Taking no time to rest on their laurels, The Sheepdogs recently completed the stateside run of their Learn & Burn tour and are several cities into the Canadian leg, packing in 24 shows in 26 days.

“We’re trying to play to as many people as possible,” Currie shared. “(Rolling Stone) was a great opportunity but nothing is guaranteed. You still have to put the work in so that’s what

we’re doing.”

Wrapping up the tour Dec. 21, the boys are set to be back in the studio to record under Atlantic Records, a recording deal that was the cherry atop their win with Rolling Stone.

“It’s a big step for us signing with Atlantic Records,” Currie said.

“There are uncertainties going in knowing everyone is waiting to see what we have next on deck.”

We wait with breath that is baited.

Kardashian



Reality TV star Kourtney Kardashian says she’s expecting baby No. 2 with her boyfriend. The couple have a son, Mason, who is nearly 2 years old. The 32-year-old E! reality star tells Us Weekly that she’s nine weeks pregnant.

THE ASSOCIATED PRESS

A very comic Christmas

► A Russell Peters Christmas goes heavy on the corny factor while celebrating the season

When it comes to Christmas, Canada’s comedy giant Russell Peters is a traditionalist at heart.

The stand-up superstar throws together an old-fashioned TV variety special this week featuring plenty of carols, mirth by the fire, wishes for Santa, and unabashedly cheesy skits involving his mother, Maureen, and baby girl,

Crystianna.

“This is a real family affair, (including) Momma and baby. Did you see my daughter? How cute is she?” Peters gushed recently from the Toronto set, admitting he’s taking every opportunity to show off his nearly year-old offspring.

“Even if she never wants to be in show busi-

ness ever again at least I got footage to show her and go, ‘Who didn’t want to be in show business then?’”

Besides baby schmaltz, A Russell Peters Christmas features famous friends Michael Bublé, Pamela Anderson, Jon Lovitz, Scott Thompson, Faizon Love and The Love Boat’s Ted Lange, as well as a bevy of

lingerie models to help ring in the season.

Thompson says the mix of stand-up, sketch comedy, stop-motion animation and musical performances harkens back to holiday specials of yore.

“I think if a white guy did it, it would be like, ‘Wow, this is too much of a throwback.’ But with him it seems kind of hip,”

Thompson says of the show’s Indo-Canadian host, who peppers the special with trademark jokes about race and culture.

“And I think people will go, ‘Oh my God, so he’s a Christian. I wasn’t sure.’”

A Russell Peters Christmas airs tonight on CTV and repeats Dec. 10 on The Comedy Network.

THE CANADIAN PRESS



For breaking entertainment news, scan this code or visit metronews.ca/scene

AIDS awareness earns Alicia praise

► Bono attends premiere of Keys' film about disease in Africa, says she has 'lioness energy'

Bono is afraid of Alicia Keys.

While Keys talked about being pregnant and empathetic when filming her documentary about AIDS in Africa, the U2 singer chimed in and said: "She's scary, isn't she? She's scary."

Bono went on to say that Keys has "lioness energy" and that her role as a new mother won't allow her to "let other mothers suffer."

He made the comments at the premiere of *Keep a Child Alive* with Alicia Keys, a documentary that followed a visit to South Africa during last year's World Cup with a pregnant Keys and five Americans. It airs on the cable television Showtime channel today, which is World

AIDS Day.

Bono said he met Keys when they recorded a cover of Marvin Gaye's *What's Going On* — with dozens of other musicians — in 2001.

"I was terrified the moment I met her. I was shaking in my boots," he said. "I was very moved by her singing of course, but what was interesting was the hard questions afterwards, and I think it's those hard questions that she asks that lead her."

Keys started her charity, *Keep a Child Alive*, in 2003. It assists those affected by HIV/AIDS in Africa and India.

She says she hopes the film reaches out to those who want to help, but can't make it to Africa.

"Even if you never have



► Bono and Alicia Keys attend the premiere of the Showtime documentary *Keep a Child Alive* with Alicia Keys, in New York, on Tuesday.

been able to travel there, or if you never can, that doesn't mean you can't travel with us and really see it for yourself," she

said.

Bono says Keys has what it takes to make a difference in Africa, and around the world.

"Everyone's got heart, but actually you have to have the head for this," he said. "You have to be tough and strategic, you have to

Broadway

- Alicia Keys has composed music for the Broadway play *Stick Fly*, which debuts next week.
- When Bono — who along with the Edge wrote the music for *Spider-Man: Turn off the Dark* — was asked what advice he could give Keys, he said: "You know, it's an amazing American tradition, Broadway, and she can do anything she wants."

be demanding, (and) the money has to be spent well."

If the money isn't spent well, he said, people get annoyed, "and so all these things take a certain intellectual rigour."

THE ASSOCIATED PRESS

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Top 5: November 30th

- 5 Katy Perry - The One That Got Away
- 4 Rihanna - We Found Love
- 3 Britney Spears - Criminal
- 2 LMFAO - Sexy & I Know It
- 1 Adele - Someone Like You

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1013THEBOUNCE.COM

Spirit of the West inspired by orphan children in Swaziland

Vancouver folk-rock outfit Spirit of the West has released a charity single benefiting AIDS orphans in Swaziland, a song inspired by singer John Mann's repeat visits to the African country.

Bulembu is an organization that bought an abandoned mining town and reconstructed it into a safe haven for orphans, many

of whom suffer from AIDS — Swaziland has the highest rate of HIV prevalence in the world, according to a United Nations report.

When Mann first visited the community in 2010, he was struck not only by the poverty he saw, but the spirit of the people. He began penning the hopeful track as soon as he boarded the airplane home.

"It's a very inspiring place," Mann said on the line from Vancouver in a recent telephone interview. "Our problems are nothing, they're absolutely nothing compared to what these people go through and many of these kids go through."

"The kids themselves are just, man, they absolutely break your heart."



► Musician John Mann poses with a child in Swaziland.

The AIDS pandemic has crippled Swaziland, making it the only developing country in the world experiencing negative growth.

As a result, the United Nations has cautioned that the long-term survival of the Swazi people could be seriously threatened.

Mann was so profoundly affected by his first visit that he didn't wait long to go back.

This past spring, he returned armed with portable recorders that he used to capture the Bulembu Children's Choir, adding their voices to his rousing song, which was released to iTunes on Tuesday.

"The song is a wonderful

memory, but what really does it for me is hearing the kids sing," he said. "They're incredible, wonderful singers."

Mann says he hopes that beyond paying to download the track, listeners might be inspired to try to help out in Swaziland.

"Certainly, a large piece of my heart is there," Mann said.

Meanwhile, Mann says that he and Spirit of the West bandmate Geoffrey Kelly recently went on a "writing spree," and he's hoping that the band will get together in January to begin fleshing out the songs with the goal of releasing a new album.

THE CANADIAN PRESS

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Watch out Lohan, it's Love to the rescue

- Courtney Love offers her expertise in sobriety to Lindsay Lohan
- That's right, Kurt Cobain's widow is going to be a sobriety coach

THE WORD

DOROTHY ROBINSON
SCENE@METRONWS.CA



Well, if this doesn't spell the end for Lindsay Lohan, I don't know what does: Courtney Love, a woman once so wasted she was photographed having a stranger suck her bare nipple at a Wendy's, is apparently Lindsay Lohan's new sobriety coach. Yes, in the new issue of Details, Love says she's taken on

the role.

Love says she is using her past to show Lohan that she is making a mistake by using drugs. "I went up to Lindsay's room one time and there was a show on called '101 Celebrity Oops' and I am like every other one, you know — boobs out, legs everywhere, throwing s— at Madonna, you know, whatever," Kurt Cobain's widow told the magazine. "I'm like 'Lindsay, look! Drugs are bad!'"

Having Courtney Love as your sober coach makes about as much sense as having Chris Farley as your weight-loss guru.



► Courtney Love

ALL PHOTOS GETTY IMAGES

Celebrity tweets



Everyone is happy that Conrad Murray was sentenced to four years in prison, except for other inmates suffering from insomnia.



@JoanRivers

@MarthaStewart

twitter is not necessarily the place to worry about grammar, spelling and syntax- i just try to fit my thoughts into 140 characters or less..

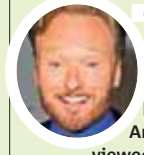


@MatthewPerry



I'm on a train. Whatever.

@ConanOBrien



Not gonna say what I bought, but Amazon just reviewed my order and said, "You might also be interested in therapy."

Moore takes 'me time'

It turns out Demi Moore wasn't on hand for youngest daughter Tallulah's recent debutante ball in Paris because she stayed back in L.A. for some "me time." Moore, who recently filed for divorce from Ashton Kutcher, was spotted



► Demi Moore

enjoying a dinner with close friend and florist Eric Butterbaugh at the Sunset Tower Hotel, according to Us Weekly. **METRO**

ScarJo loves bad boys

Scarlett Johansson admits she has a thing for bad boys, so to speak.

"I'm attracted to the quality of being adventurous and perhaps a bit mischievous and also questioning authority and being proactive," Johansson, who recently dated Sean Penn, tells Cosmopolitan.

"If that makes up a quintessential bad boy, then whatever. I'm not at all attracted to meanness or bullying, but I do think conviction is attractive. I



► Scarlett Johansson

mean, really, who doesn't?" One thing she doesn't find attractive, though, is

over-sharing: "I don't have a Facebook or a Twitter account," she says.

"I don't know how I feel about this idea of, 'Now, I'm eating dinner, and I want everyone to know that I'm having dinner at this time' or, 'I just mailed a letter and dropped off my kids.'"

"That, to me, is a very strange phenomenon. I can't think of anything I'd rather do less than have to continuously share details of my everyday life."

METRO

New lady for Bradley Cooper?

Bradley Cooper reportedly spent a romantic day in Paris with French actress Melanie Laurent, prompting rumours that the two are dating, according to Us Weekly. Cooper, who is fluent in French, and Laurent lunched on the Boulevard St. Germain before heading to the theatre for a matinee. The pair then headed back to Cooper's hotel for a private dinner. **METRO**



► Bradley Cooper

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One festive fashionista

► Iconic Canadian designer Marie Saint Pierre dishes on the dos and don'ts of holiday dressing



HEATHER
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Celebrated Montreal-based designer Marie Saint Pierre has teamed up with Reitmans on a capsule collection of 10 dresses for the holidays.

Featuring the signature touches — asymmetrical hemlines, a playful combination of fabrics and architectural details — that have made Saint Pierre a hit internationally, each dress offers the versatility of day-to-evening wear at an accessible price.

"We wanted to offer essential dresses for this collection," explains Saint Pierre. "We wanted to give them timeless pieces that would go beyond Christmas and you could wear throughout the year," she adds of the offerings, all of which are variations of the little black dress.

When it comes to holiday dresses, Saint Pierre says if you opt for classic and elegant black, which is universally flattering on any shape, you can add a splash of colour with some accessories.

"Black is versatile and at the same time it is glamorous. It's such a functional colour for most people; it's like a blank canvas. If you are going to buy one dress, buy a black dress that you can wear for many occa-



► Marie Saint Pierre for Reitmans collection. From left: V-neck dress with gold lace; V-neck knit and taffeta dress with sash; \$85 each.



Top tip

Sleeveless dresses and tops should show off your arms, not your bra. If your bra straps show, the cut of the dress is wrong for you or the top is too big at your shoulders.

sions and for many years." However, Saint Pierre

Creatively moving from day to night

"You can wear a cardigan over the dress during the day with flat shoes, then add the necklace, a pair of heels and remove the cardigan for the evening cocktail party," says Saint Pierre.

did include that ultimate holiday colour — red — in the bustier of her bubble skirt dress as well as a lovely deep blue in the skirt of a taffeta number.

Saint Pierre believes that the movement and drape of a dress are key elements to look for when choosing what to wear to your holiday parties. "Having movement in a

dress is important. That's when you create a buzz," says Saint Pierre, adding that holiday parties are the time to go all out and really shine.

"When you overdress, you create the party," she says. "I think the holidays are a time to dress up rather than dress down. So add on accessories."

It's all about choosing a

Holiday bling

How to accessorize your outfit

- "We worked a lot with chains. I think you can mix the chain with the fur, you can mix the chain with a nice cashmere scarf or a fur bag, or an amazing ring," says Saint Pierre.
- "I would not put too many accessories together though. Go with one big statement accessory."
- The designer also points to carrying a colourful clutch for a pop of colour with a black dress or adorning the wrist with a big cuff.
- "For an event, you can have a really great presence with a hat," she adds.

figure-flattering dress that accentuates the right areas, as well as concealing the right areas.

"High-low hems (higher in the front, lower in the back) for instance gives a nice flow and silhouette as do A-line skirts," she explains.

Some people hesitate to wear strapless or sleeveless dresses to office holiday parties, deeming it inappropriate. Saint Pierre, however, poo-poo's that notion. "It is the time when you can bare your shoulders. If not at a holiday party, then when?"

My holiday wish?
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In this hectic modern world, Twitter has become a cool and succinct way of communicating. It allows me to be accessible, instantly speak my mind, and connects me with all kinds of people. Whether it's a fashion question, or you just want to comment on life's bigger picture, I'd love to hear from you.



@Jeanne_Beker:
Freaky to see my personal art
collection displayed @AGOToronto
storefront gallery on University Ave

► @MeashaBG : "@Jeanne_Beker: ...my personal art collection exhibit which opens @AGO-Toronto as part of their Collector's Series." I CAN'T WAIT2C THAT!

► @Jeanne_Beker: Hope to see you there! Miss you!!!! xoxo!



► @Jeanne_Beker: With @ShaunDowneyArt who created this introspective portrait of moi! @AGOToronto show, on til 16th.

► @Rinowa_Toronto: Love the portrait and the green dress! Fresh colour for a gloomy day ;)

► @ZarGanmylife: beautiful! Such a master piece:-)

► @catobie: Beautiful! Even on this pic you can see a wonderful use of light to show 'you'.#warmandsoft

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H&M

Scent of a supermodel

► Always-on-the-go model, host, artist, philanthropist and entrepreneur Heidi Klum pauses to chat to Metro about her new signature fragrance, Shine



ELIZABETH
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Perfume is very personal to each woman. What kind of woman do you think would gravitate



► Heidi Klum Shine Eau de Toilette is an effervescent floral oriental fusion that retails for \$35.

towards Shine?

It's always so hard because I don't want to put women into a box and say this is the type of woman who would like it and others won't. I think perfume — you have to just try it and either you like it or you don't. Also, there's no age group on there. Either you're attracted to it or you're not.

Your name is associated with numerous fashion and beauty projects but

unlike some celebrities, you always seem to be seriously involved in the development process. Was it the same for Shine?

I'm probably a bit of a pain in a butt on all of my ventures — every time I start working with a new partner I sit down for the first and they want to know how much you're involved because they want you to be involved. I'm like, "absolutely, let's get the sleeves up, let's get started". So it tends to be a situation where I say, "no no, it's not finished yet, no no I don't like that, no it's not

the right gold, it has to change, the packaging, the ripples, more ripples."

Sometimes I think my partners would prefer if I was a little bit more a yesser but I'm probably more of the opposite. I believe whatever I put my name on — it's truly something that I've done and that I'm proud of. Before we finalize the perfume I have these little tester bottles and I wear different kinds to kind of feel it out — hear what people say — I send them around the office. I hear what friends and family, what people



► Heidi Klum rocking her Canadian colours while stopping over in the North to promote Shine.

around me have to say. What sells in statistics is sweet — mine is not sweet. I'm going against what the odds are.

Why go against the grain? Because this is what I like. I like that kind of a scent, I like the spiciness of it — I do what I believe in.

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\$39; indeedlabs.com

NATURE NURTURE Natural-beauty options continue to impress. Formulated with calming cotton, rice and

aloe extracts, Burt's Bees Sensitive Daily Moisturizer is fragrance free, hypoallergenic and dermat-tested. \$25; burts-bees.ca

CHEEK

CHARM Another route to the season's sweet flush: Lancôme Paris Maison Lancôme Blush, which pays tribute to the brand's Parisian address since 1935, 29 Faubourg Saint Honoré. \$48; lancome.ca

50s

BALMS AWAY A cleansing balm is lovely for all skin types, especially dry. Rodial Glamtox Cleanser liquifies with water and leaves skin clean and soft. \$75; rodial.co.uk



BASE HIT

Foundation primer smoothes skin's surface and holds makeup fast;

Smashbox Photo Finish Foundation Primer also adds moisture and keeps it in place. \$50; smashboxcanada.com

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Memories of warmer times

► **Chili Dogs**, normally considered a summer treat, are remade for winter

Hot dogs tossed in a toasted bun and slathered with chili and shredded cheese tend to scream summer.

But because those flavours go so nicely together, they begged to be converted into a recipe that is better suited for fending off the chill of a winter night.

In converting the recipe, there was no reason to mess around too much with the hot dog or chili topping. Why ruin a good thing? Instead, the focus is on the starch. Roasted potatoes were the right flavour, but wrong texture. Mashed, however, were just right. The resulting recipe oozes comfort and warmth.

Winter Chili Dogs Preparation:

- 1 Place potatoes in pot and add enough water to

cover. Bring to boil and cook 15 to 20 minutes, or until potatoes are tender. Drain and return to pot. Add butter and milk, then mash until chunky smooth. Season with salt, pepper; set aside.

- 2 In saucepan over medium heat combine baked beans, tomato paste, cumin, smoked paprika, chili powder and cayenne. Simmer, cover and set aside.

- 3 Heat grill pan to medium-high. Add hot dogs

Ingredients:

- 1 kg (2 pounds) Yukon gold potatoes, peeled and quartered
- 60 ml (4 tbsp or 1/2 stick)



► The recipe serves four.

and cook until heated through and browned on all sides, about 6 to 7 minutes.

- 4 To serve, divide mashed potatoes between 4 serving plates. Top each with a hot dog, then la-

dle beans and top with cheese, sour cream, jalapeños, red onion.

THE ASSOCIATED PRESS

- 10 ml (2 tsp) cumin
- 7 ml (1 1/2 tsp) paprika
- 5 ml (1 tsp) chili powder
- 1 ml (1/4 tsp) cayenne pepper

- 4 hot dogs
- 125 ml (1/2 cup) shredded cheddar cheese
- Sour cream, to serve
- Chopped pickled jalapeño slices and red onion



► The recipe serves six.

Ingredients:

- 750 g (1 1/2 lb) beef brisket roast
- 2 onions, quartered
- 2 carrots, cut in half lengthwise, then into 5-cm (2-inch) chunks

- Half a small rutabaga, peeled and cut into chunks
- 250 ml (1 cup) dry red wine or beef stock
- 15 ml (1 tbsp) tomato paste
- 1 bay leaf
- Salt and pepper, to taste

Fight off cold with slow-cooked Pot Roast

The hearty meal offers leftovers for another day. Serve it with mashed potatoes and buttered savoury cabbage.

Beef Pot Roast Preparation:

- 1 In slow cooker stoneware, place beef brisket and arrange vegetables. Mix wine and

tomato paste, pour over brisket; add bay leaf and cook on Low for 5 to 6 hours or until meat is tender and vegetables are cooked through.

- 2 Meat juices will make delicious gravy. If thicker gravy is preferred, mix a little cold water with cornstarch and a few

spoonfuls of meat juice in a small pan, add remaining liquid and bring to a boil to thicken. Season with salt and pepper to taste. CROCKPOT.CA/ THE CANADIAN PRESS/ ADAPTED BY EMILY RICHARDS (PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR & CELEBRITY CHEF. (EMILYRICHARDSCOOKS.CA)

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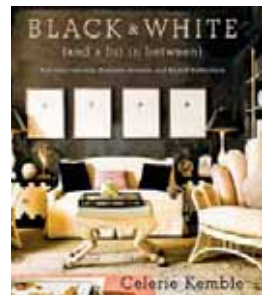
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HOLIDAY 2011



gift guide

Do you hear what I hear?

▶ You will if you receive one of these gift ideas for the audiophile in your life ▶ MP3's, headphones, gadgets



MIKE YAWNEY
FOR METRO

Whether you are listening to tunes in the comfort of your home or on public transit through headphones, music can help anyone get into the holiday spirit.

Here are a few gift ideas for the audiophile in your life.

Apple iPod Touch — starting at \$199

Apple continues to dominate the MP3 player market. Year after year the iPod Touch is the best-selling MP3 player. There is a reason for that. The device is well-designed with a large touchscreen, which not only plays music but hundreds of thousands of apps

and games. It's like an iPhone ... minus the phone!

Sony A Series Walkman — \$199

A 2.8-inch touchscreen is your window to the world of music. Not sure of the lyrics to your favourite song? The A series Walkman lets you upload lyric files that will display in sync with the music. You can also play video files, display photos, listen to FM radio and record personal notes.



SanDisk Sansa Clip Zip — starting at \$49.99

A simple MP3 player loaded with features. The Sansa Clip Zip gets its name from the clip on the back, which makes it easy to attach to your workout

clothes at the gym. On the front, you will find a colour display so you always know what song is playing. It also has very simple controls to guide you through the menus. Not only can you play music but the Sansa Clip Zip also has a built-in FM radio, support for audiobooks and podcasts, a voice recorder and a stopwatch. Great price for such a feature-laden device.

Monster Beats Studio by Dr. Dre — \$329

Two big names come together in one set of on-ear headphones. Monster (known for high-end audio/video cables) and Dr. Dre have teamed up to bring these high-definition headphones to market. Known for their superior sound quality, these Beats headphones have a unique trifold design to ensure they fold for easy storage when not in use. They also feature Cloudflex technology for hands-free calling!



SkunkJuice Earbuds — \$35.99

Funny name but a great idea! These earbuds are designed for sharing music. Patented magnetic connection technology allows up to four sets of SkunkJuice earbuds to connect together into a single audio input on an MP3 player. No more sharing earbuds! The perfect gift for teens.

Pioneer X-SMC3 — \$369.99

Why keep the music bottled up! Spread some sound around your home. The Pioneer X-SMC3 will do just that. This high-end music system sounds amazing, pumping out some decent bass. Wirelessly stream music from your iOS device via Airplay, or connect your favourite MP3 player with a cable. Since the system is connected to your home network you can

listen to thousands of Internet radio stations. You can also stream music via Bluetooth with an optional adapter.

iHome iD85 — \$139.99

It's always easier to wake up to the sound of music. Dock your iPhone, iPod or iPad to the iD85 and let it recharge overnight. The dock features dual alarms so two people can rely on the device for their wakeup call. And for all you lazybones out there, you can automatically sync the clock with the time on your iPhone, iPod or iPad.

Monster Beats Studio by Dr. Dre, \$329, top left, and Sony A Series Walkman, \$199, above.

iHome iD85,
\$139.99, and
SkunkJuice
Earbuds,
\$35.99, below
right.



From top: Apple iPod Touch, starting at \$199, SanDisk Sansa Clip Zip, middle, starting at \$49.99, and Pioneer X-SMC3, right, \$369.99.



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► With these choices for the musical enthusiast on your gift list ► From Lady Gaga to Alvin And The Chipmunks



**KEITH
CARMAN**
FOR METRO

Rounding up a year's worth of extraordinary music is never an easy undertaking. With seemingly as many genres sprouting up as there are grains of sand in the Sahara, something is surely to be missed.

Tougher still? Picking out one of those gems for the music enthusiast on our gift list. Paring down the style only seems to open up a Pandora's box of who's who, who's hot and who's not.

In an effort to provide clarity, simplicity and a de-

fibrillator to your ego, try a few of these tested, respected and occasionally obvious albums from the past few months or slated to be released just prior to the holidays.

Pop freaks know how much of a marvel Lady Gaga's *Born This Way* (Interscope) was upon its release earlier this year. For those who might already own it, however, check out *Born This Way: The Remix*, an un-subtle re-imagining of that explosive affair.

On a more soulful level, anticipation for chanteuse Rhianna's sixth work *Talk*

That *Talk* (Def Jam) has been stirring heavily alongside the likes of Mary J. Blige's

10th full-length *My Life II — The Journey Continues (Act 1)* (Geffen), both to be issued in standard and deluxe editions. For traditionalists, well, they may be getting long in the tooth, but as latest venture *Hot Sauce Committee Part Two* (Capitol) asserts, New York hip-hop heroes The Beastie Boys still hold their own.

If spirited lighter fare is of the essence, try *The 30th Annual John Lennon Tribute*, *Live From the Beacon Theatre*, NYC (Theatre

Within), a gala featuring the likes of Patti Smith, Jackson Browne, Taj Mahal, Aimee Mann, Shelby Lynne, Martin Sexton, Bettye LaVette, Joan Osborne, Keb' Mo' and more celebrating the life of a rock legend via his songs.

Not to be outdone, folk-infused poetic punk Frank Turner's *England Keep My Bones* (Epitaph) is easily one of the most rousing and passionate yet down-to-earth albums you probably haven't heard this year. Woody Guthrie would be proud. Similarly, on *The King Is Dead* (Rough Trade), folk

lovers The Decemberists are surprisingly smooth.

Rock fan in the crew? One could do far worse than to grab them a copy of Foo Fighters' gripping *Wasting Light* (Roswell), their seventh album overall and most comprehensive in years. Check out the video for *White Limo* for a cameo from legendary Motorhead frontman Lemmy Kilmister. For something less aggressive, Arctic Monkeys' *Suck It And See* (Domino) has been heralded as a champion affair.

For the classical fanatic, Naxos Of Canada is set to release a bevy of box sets featuring everything from jazz and instrumentals to operas and ballets. Formats



✱ Foo Fighters' seventh album overall, *Wasting Light*, would be a great fit for the rock fan on your list.

range from separate collections to complete editions of Beethoven, Vivaldi, Rachmaninoff, Chopin and more.

If metal is the name of the game, as has become standard fare over their quarter-century (and then some) rivalry, heavy stalwarts Megadeth and Metallica have both issued fresh material just in time. Sating diehard fans of brain-bashing drums and buzz saw guitar riffs, the former's *Th1rt3n* (Roadrunner)

runs exactly as planned. Reaching into more esoteric territory, Metallica opt to work with oddball rocker Lou Reed on elongated affair *Lulu* (Warner/Vertigo).

In the same vein, punk rockers who haven't had opportunity to enjoy legendary genre acts The Dwarves' or The Dead Milkmen in ages would shriek for latest onslaughts *Are Born Again* (MVD Audio) and *The King In Yellow* (Independent).

Finally, just because they are still kicking after so many decades, to thrill the young audiophile — or torment their parents — consider *Alvin And The Chipmunks* Chipwrecked: *Music From The Motion Picture* featuring those iconic hyperactive rodents at their most ... well, whatever it is that rodents are.



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Jingle Bells and a little everything in between

Take a listen to these diverse festive music selections, some old, some new



**KEITH
CARMAN**
FOR METRO

Lists, frantic shopping, bills, wrapping, entertaining. Sometimes it's tough to truly get into the holiday spirit.

That's where the right music comes into play and this season there is plenty of it.

Vying to get us into the festive mood, a host of musicians have worked diligently through the fall to offer their unique takes on everything from original tunes to favourite standards in such diverse genres as pop, jazz and even heavy metal for this coming yule. A few options to get you glowing:

Meaghan Smith It Snowed Warner

Having hit shelves as of Nov. 1, Juno Award winner Meaghan Smith's latest holiday bundle offers a fresh take on traditionals such as Ba-



by It's Cold Outside with fellow Canuck artist Buck 65, as well as original ditties including Christmas Kiss. Available in both standard and a deluxe package bolstered by an autographed lithograph and exclusive acoustic tracks, It Snowed is a delightfully smooth piece of holiday pop.

Justin Bieber Under The Mistletoe Island/Universal

This teen idol may be having some kiss-and-tell issues in his daily life but when it comes to inaugural seasonal album Under The Mistletoe, the boy wonder simply can't be touched. Also issued Nov. 1, the 11-track affair (15 in the deluxe version) immediately snagged top spot on North American charts. Featuring both classics (Silent Night, Santa Claus Is Coming To Town) and some fresh material, it's sure to make a tween's eyes twinkle.



David Ian Vintage Christmas Prescott Records (Naxos of Canada)

As even his own publicist relates, "How does an ear-splitting, note-shredding

rock guitarist who leaps off amps in concert end up releasing

an album of mellow, jazz-oriented Christmas songs?" It doesn't really matter when Vintage Christmas unfolds. Toronto-based Grammy-nominated rocker Ian knows his way around both a fretboard and a swinging rendition of staples Hark the Herald Angels Sing, Silent Night and Have Yourself a Merry Little Christmas. Jumpin' jazz takes on traditional tunes? Count us in.

Various Artists The Muppets: A Green And Red Christmas Universal

Yes, it's a re-release of their infamous 2006 effort, but when fortified by new tracks finding Gonzo and

Fozzie singing I Wish I Could Be Santa Claus, as well as the entire crew aided by Andrea Bocelli on Jingle Bells, who can resist?



Black Label Society Glorious Christmas Songs That Will Make Your Black Label Heart Feel Good eOne

While metal heads were somewhat late to the holiday table, the past few years have seen them more than make up for it. Serving



up his own tray of tasty thematic alloy, Zakk Wylde's EP has a title longer than its run time. Still, hearing him belt out I'll Be Home For Christmas, O Little Town Of Bethlehem and Wonderful World in his inimitable style will put any brazen headbanger in a buoyant bent.

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Ease the stress with a simple brunch



EMILY
RICHARDS
FOR METRO

During the holidays we hustle and bustle trying to get shopping done, visiting friends and family, going to festive parties and having guests over to our homes.

All this can become daunting, especially close to the big days of Christmas or new years.

An easy way to bring friends together is to enjoy their company for a brunch during this busy time.

You can invite them to come over and serve up a delicious, potluck-style brunch.

While you make a few delectable dishes, get your guests to bring the accompaniments for the meal. Brunch is perfect for this because you can have a great variety of dishes. Including breakfast dishes like eggs and oatmeal is

classic, but you can stretch it over to include tasty lunch items that are a bit heavier and are always big hits with guests.

Making dishes ahead is important to keep your sanity so be sure to look for recipes that can be frozen or made overnight so you can have a simple morning of bliss and togetherness while guests are enjoying your company.

This is also something we tend to forget when we wake up Christmas morning. With all the excitement of what Santa brought and unwrapping presents we may enjoy a cup of coffee, or four, but a little nibble is an important part of the morning.

Many have their favourite tried and true recipes for that morning, but these recipes just might make it to your kitchen this year. You can make them both ahead and just bake them in the

Turkey and Cranberry Strata

Ingredients:

- 6 croissants
- 2 tbsp (25 ml) Dijon mustard
- ½ tsp (2 ml) pepper
- 1 cup (250 ml) whole berry cranberry sauce
- 3 cups (750 ml) chopped cooked turkey
- 2½ cups (625 ml) milk
- 5 eggs
- 2 cloves garlic, minced
- 2 tbsp (25 ml) chopped fresh sage or 1 tbsp (15 ml) crumbled dried sage
- ¼ tsp (1 ml) salt

Preparation:

1 Slice croissants in half horizontally and spread with mustard. Sprinkle with half of the pepper. Spread bottom half of croissants with cranberry sauce and top with turkey. Place top half of



croissants over turkey. Place filled croissants into a large 13 x 9 inch (3 L) casserole dish, overlapping slightly. Set aside.

2 In large bowl, whisk together milk, eggs, garlic, sage, salt and remaining pepper. Pour over croissants to cover. Wrap with plastic wrap and

refrigerate for at least 4 hours or up to 24 hours. Unwrap and press croissants down into egg mixture. Bake in 375 F (190 C) oven for 45 to 60 minutes or until golden and knife inserted in centre comes out clean. Let stand 5 minutes before serving. Makes 8 to 10 servings.

TIP: You could substitute 12 slices challah or egg bread for the croissants.

oven while presents are being enjoyed or even if guests are arriving.

Many of us think about

Christmas dinner and what we are going to serve, so it's nice to sit back and enjoy what you might like

to have for breakfast or brunch.

This year, try to include some ease to your holiday

by planning ahead and relaxing with a casual holiday brunch in which everyone can share.

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Cranberry Orange Biscuit Buns

Ingredients:

- 2½ cups (625 ml) all-purpose flour
 - ¼ cup (60 ml) chopped fresh cranberries
 - ¼ cup (60 ml) granulated sugar
 - 1 tbsp (15 ml) baking powder
 - 2 tsp (10 ml) grated orange rind
 - Pinch salt
 - ¾ cup (175 ml) butter, cubed
 - ½ cup (75 ml) plus 2 tbsp (30 ml) sour cream
 - ¾ cup (175 ml) whole berry cranberry sauce or fruit jam
 - Coarse sugar (optional)
- Icing:**
- ½ cup (75 ml) icing sugar
 - 2 tsp (10 ml) orange juice

Preparation:

1 In large bowl, combine flour, cranberries, sugar, baking powder, orange rind and salt. Using pastry blender or fingertips cut in butter un-



til mixture resembles coarse crumbs. Add sour cream and bring together with fork. Using hands, bring dough together to form slightly sticky dough.

2 On lightly floured surface, knead dough gently about 10 times. Roll out dough to 16 x 12 inch (40 cm x 30 cm) rectangle. Spread evenly with cranberry sauce, leaving a 2-inch (5 cm) space at one long end. Start rolling up jelly roll style towards long end with space and pinch edge to seal.

3 Slice into 12 pieces and place in 9-inch (23 cm) parchment paper-lined spring form pan with removable bottom. Cover well and

freeze for up to 2 weeks. Remove from freezer and let thaw in refrigerator overnight.

4 Sprinkle top with coarse sugar, if using and bake in 400 F (200 C) oven for about 35 minutes or until golden brown and firm. Let stand 10 minutes before serving.

5 Icing: Meanwhile, in bowl stir together icing sugar and water. Drizzle over buns before serving. Makes 12 biscuits.
FREEZER STORAGE: Wrap biscuits and pan with plastic wrap and then a layer of heavy duty foil for the freezer. Be sure to not put anything heavy on top of it or the pin-wheels will get crushed.

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Three big looks for tree ornaments



KARL
LOHNES
FOR METRO

Each year we see new looks for holiday décor and, often, an evolution from Christmases past. There are three looks that are guaranteed to be included in holiday décor each year: The ever popular Country Style; the illustrious Upscale Look; and the daring Trendy Colours.

Country

This is by far one of the most popular styles of decorating and always the bestseller around the holidays. Last year's country Christmas look was very outdoorsy — birch bark birds, twig nests, pine cones and reindeer motifs were all the rage.

This year, we go inside the house and the look is called Homespun. Knitting, baking and sewing motifs help to define this décor theme: Barbie-sized



RESTORATION HARDWARE PHOTO

knit sweaters, scarves and hat ornaments that hang on the tree; decorated gingerbread cookies; textured knit holiday ball ornaments; little quilted gingham house shapes adorned with wooden buttons make for great DIY-inspired tree ornaments.

Upscale

There is always a formal style of decorating that is popular for the holidays. Last year was the heavily themed Venetian Ball: Party masks, peacocks, jesters and sparkles took the scene. This year we are



CANADIAN TIRE PHOTO

✱ Country is a popular decorating style during the holidays, like this Homespun example. Left, ornaments of royal colours are trending this year.

seeing that look settling down into a simple colour scheme of purple, gold and crystal. Lots of purple hearts, gold harps, overscaled diamonds and strung crystal ropes.

Isn't it funny that there

was a royal wedding this year and, voila!, ornaments of royal colours and diamonds appears!

Trendy

Last year introduced fun Grinch-inspired colours

and shapes; wonky-looking lime trees, sparkly turquoise and pink balls and psychedelic striped, curly-toed stockings.

This year, the Grinch colours continue, but are toned down to solid-

coloured shapes, polka dots and three colours; lime, turquoise and red. This look would show very well on an all-white tree and adds a retro '60s fun feel to the holidays.

Next year: Look for these two colours to darken up significantly; lime green will turn to dark avocado and turquoise will go to teal; mix these next colours with graphite grey and bronze for a rich, high-end look. Goodbye to Grinch next year ...

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Robinson ready to fly again

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MATTHEW WUEST
@METRONEWS.CA

Eddie Robinson's first basketball game in four years was far away from the bright lights that once shined on him in the NBA.

Suited up for the Halifax Rainmen on Sunday in front of a modest crowd of 796 in Oshawa, Ont., the one-time Chicago Bulls high-flyer was one of the most dangerous players on the floor in a National Basketball League of Canada game against the Oshawa Power.

It certainly wasn't a jam-packed 20,000-seat arena, but in ways, it was just like old times for the veteran of 278 NBA games.

"I was super excited," says the six-foot-eight forward, who had 18 points in 30 minutes. "It felt good to finally get back on the court after being out for so long. I was nervous, but nervous is a good thing."

Robinson's NBA career came to an unceremonious halt in 2004 when the Chicago Bulls bought him out of the final two years of a five-year, \$31.2-million contract. He didn't get a big-league sniff after that and ended up in the D-League, where he played his last game in 2007.

Now 35 years old, the Flint, Mich., native has

"He still plays at a high level. He's extremely athletic, he can really shoot ... Fans should be excited about him. He's older, but he's so smart, he understands the game. He's really going to make an impact."

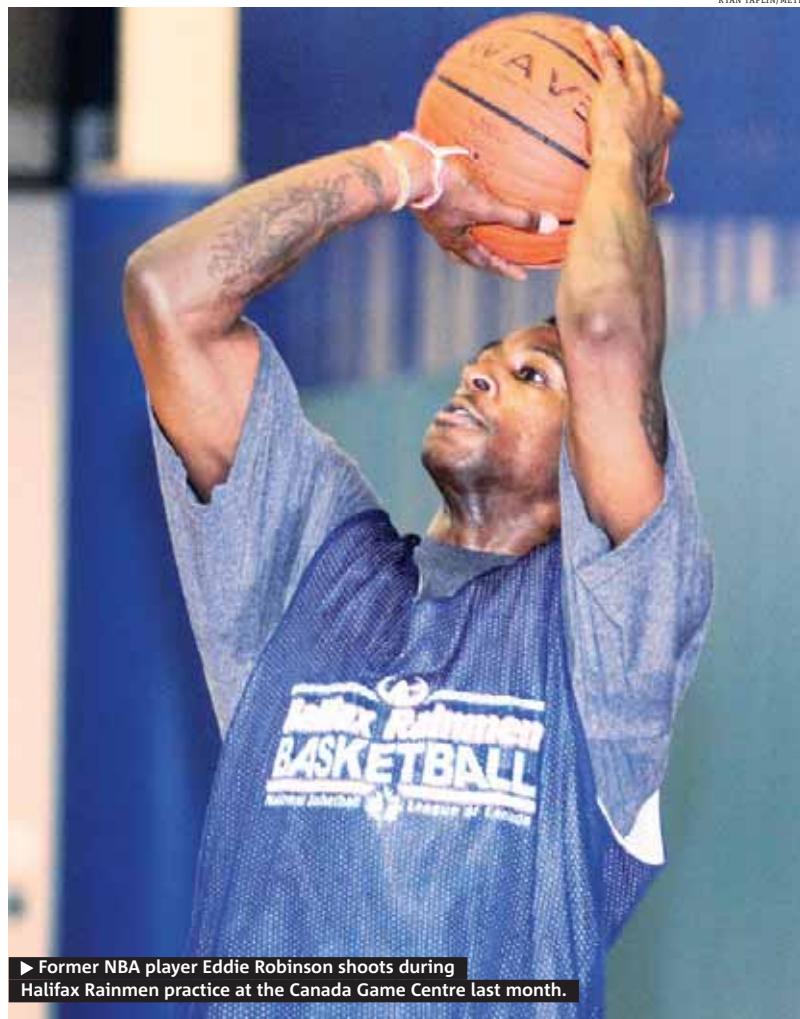
RAINMEN OWNER ANDRE LEVINGSTON ON EDDIE ROBINSON

been living in Houston with his wife Sallen, their two boys — 11-year-old Jaalen and five-year-old Santana — and their five-month-old daughter named Giselle.

"Just bein' a daddy," he says.

His comeback in the NBL Canada isn't about money, he says. He reportedly earned \$16 million of his contract with the Bulls before getting a \$10.5-million buyout, the type of loot that probably could have sent him to an early retirement. But Robinson continued to work out and shoot around at the gym and started to get the itch to play again.

"There's no financial motivation," Robinson says. "I have plenty of money left. I'm not one of those broke NBA players looking for a pay cheque. No, my motiva-



► Former NBA player Eddie Robinson shoots during Halifax Rainmen practice at the Canada Game Centre last month.

tion has always been the game."

Robinson called rumours of poor work ethic and bad attitude after his departure from the Bulls "jibber jab." He says he works hard and is a professional, and the

Rainmen staff backs that up.

He says he still has the athleticism that made him the source of many YouTube highlight reels and he just wants a second chance.

"Just trying to follow that dream of getting back to the NBA where I was," he says. "It's been a tough road, but I'll just continue to fight ... and you never know what will happen. I'm not going to give up."

Jazic still without MLS home

Chivas USA has declined a contract option on Bedford's Ante Jazic.

The 35-year-old defender is coming off one of his best Major League Soccer seasons and has until Friday to be re-signed by Chivas USA if he is willing to accept a reduction in his \$115,000 US salary.

If Jazic is not re-signed, teams can select him at his 2011 salary in the first stage of the MLS reentry draft on Monday. If he's

not selected in the first-stage draft, he can be selected in the second stage on Monday, Dec. 12, and would then have to negotiate a new contract.

Jazic, a professional since 1997, has played 106 games in MLS with Chivas USA and the Los Angeles Galaxy. He has 29 national-team caps for Canada and competed in World Cup qualifying earlier this year.

► MATTHEW WUEST



► Bedford's Ante Jazic.

Sports in brief

SMU ekes one out over X-Men

AUS HOCKEY. The Saint Mary's Huskies edged the St. Francis Xavier X-Men 6-5 in Atlantic University Sport men's hockey action last night at the Forum. The Huskies (9-5-1) have pulled into a second-place tie with the Acadia Axemen, two points behind the first-place UNB Varsity Reds. ● METRO

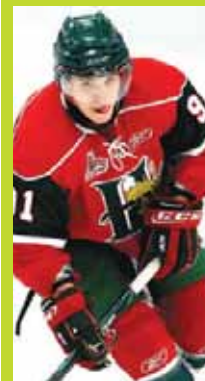
Marchand speaking on concussions

NHL. Hammonds Plains native Brad Marchand has partnered with the Brain Injury Association of Massachusetts to raise awareness of concussions. The 23-year-old Boston Bruins left-winger recorded several radio spots about the risks of concussions in sport and the importance of recognizing the signs and symptoms. ● METRO

4

sports

More sports



MARTIN FRK WILL NOT MAKE HIS SEASON DEBUT FOR THE HALIFAX MOOSEHEADS THIS WEEKEND. THE 18-YEAR-OLD RIGHT-WINGER IS STILL TRYING TO GET HIMSELF INTO GAME SHAPE AFTER MISSING ALL SEASON WITH A CONCUSSION. SECOND-LEADING SCORER DARCY ASHLEY WILL RETURN TO ACTION AFTER MISSING FOUR GAMES WITH SYMPTOMS OF A CONCUSSION. THE MOOSEHEADS HOST THE GATINEAU OLYMPIQUES ON FRIDAY AND THE QUEBEC REMPARTS ON SATURDAY AT 7 P.M.

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NBA returns focus to basketball

► With free agency talk heating up and players set to return, attention shifts from courtroom to hardcourt

These are the kinds of negotiations NBA fans have been waiting for.

Teams began talking to agents yesterday as the lockout inched closer to its end, and basketball moved back into focus. Dwight Howard and Chris Paul were linked to trade speculation, while free agents such as Tyson Chandler and Nene were in the news after months of attorneys getting all the ink.

Now, the players are taking over and the league was set to reopen its facilities for workouts today.

Some may arrive out of shape, just as was the case in January 1999 after the NBA's only other shortened season. But they're

anxious to get back, with a little more than three weeks until they start playing games.

"The guys are going to come in and I'm sure they're going to be in good shape. They want to play," new Houston coach Kevin McHale told reporters.

"These guys have played basketball their entire lives. They love to play basketball and they're excited to get after it."

The league still hopes to open training camps and free agency next Friday, leaving both sides scrambling to get business finished in time.

The lawsuits have been settled, contingent upon the ratification of a new



► LeBron James, left, and Dwayne Wade watch a college basketball game on Tuesday.

collective bargaining agreement by Dec. 9. Players are in the process of collecting the signatures needed to approve the reformation of the union, which must be done before the sides can resume

bargaining on the remaining issues that must be settled before each side can vote.

NBA officials are working to complete a two-game exhibition schedule for each team that will

lead to a 66-game regular season, starting with a five-game slate on Christmas.

Philadelphia 76ers president Rod Thorn was working in the league office during the last lockout and knows how much work it

will take to stay on the schedule commissioner David Stern revealed after reaching a tentative agreement with the players early last Saturday.

"I definitely remember that time and how hectic it was on the NBA side," Thorn said. "If you think it was hectic over here, it was really hectic on that side."

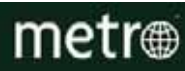
Trying to make the process smoother, the NBA agreed to allow players to re-enter the buildings today. Coaches aren't allowed, but players can meet with the teams' training personnel and conduct unsupervised workouts.

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ANNOUNCEMENTS

Community Events

From the Hearth Holiday Craft Sale
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\$1.00 adm. Knits, jams, jewellery, orries,
baked goods, cards and more. Support local!

Holiday Shopping Event

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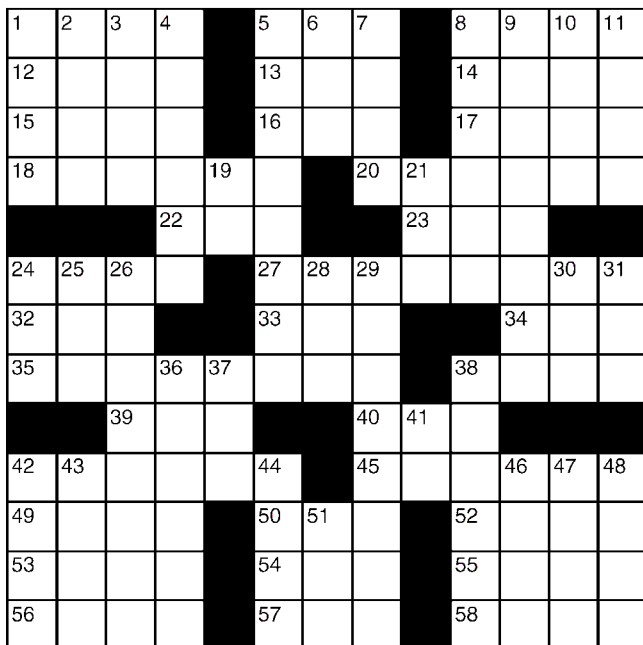
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Crossword

Across

- 1 Practice boxing
5 Has permission
8 Suspend
12 Mah-jongg piece
13 Yoko of music
14 By word of mouth
15 Surmounting
16 Kvetch
17 Shrek is one
18 Fancy French cake
20 Offer as an example
22 \$ dispenser
23 Comic DeLuise
24 Light bulb measure
27 Lengthwise and contiguous
32 Hearty quaff
33 "The Matrix" role
34 "There's — in team"
35 Huge
38 Norms (Abbr.)
39 GIs' entertainers
40 Work with
42 "The — of the Shrew"
45 Finicky cat in TV ads
49 Eye layer
50 Gorilla
52 Facility
53 German city
54 PC linking system
55 Cleo's river
56 Picnic invaders
57 "Guinness Book" suffix
58 Paradise
Down
1 Unescorted
2 Pocket bread

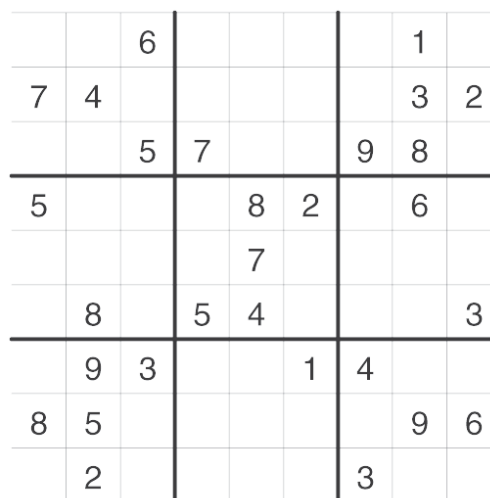


- 3 Greatly
4 Echo
5 Memorial building
6 Literary collection
7 Quiet exercise
8 Jinx
9 Fight
10 DEA worker
11 Jane Lynch's show
19 What @ means
21 Banned pesticide
24 Humorist
25 — Baba
26 Enveloping membrane
28 Verdi's "— giardin
del bello"
29 Paper
30 Affirmative action?
31 Insult (SL.)
36 Easterners
37 "Smoking or —?"
38 Tranquil
41 Therefore
42 Big brass
43 Shakespeare's river
44 Strong wind
46 Incursion
47 Wight or Man
48 Witnessed
51 — de deux

► Yesterday's answer



Sudoku



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ►

1	7	4	3	9	2	5	8	6
6	3	9	4	8	5	1	7	2
8	2	5	6	7	1	3	4	9
7	1	3	2	4	8	6	9	5
5	4	6	9	1	7	2	3	8
9	8	2	5	6	3	4	1	7
3	9	1	7	5	6	8	2	4
2	5	7	8	3	4	9	6	1
4	6	8	1	2	9	7	5	3

Send a KISS

You can now post your kiss, and read even more kisses, at metronews.ca/kiss.

Maxinum Newf, I am missing you so much these days, you seem to be so distant from me lately and I am confused as to why. I want to get back to US and how we were before all the stress. I love you with all my heart and hoping we can work thru all this.

NEWS'S SWEETIE FOREVER.

BABY ELLE. Sweet little piglet, every time I see your face it's like fireworks! I know your knees get weak when you see me, like that time you fell on my lawn! LOL Your the sweetest and your so adorable when your quiet and shy! Don't worry, we'll be together again soon... 4ever, LBM

This message is for all the lovers, life is short. STOP wondering and WASTING time. if your Love means that much to you, Show them. love peace and happiness SOME1WHO UNDERSTANDS

Today's horoscope

♈ Aries March 21-April 20 The only way you are going to realize your dream is to go your own way and do your own thing.
♉ Taurus April 21-May 21 If others try to tell you that you will achieve more in the long-term by backing off, don't listen to them.
♊ Gemini May 22-June 21 Keep a sense of perspective today, especially when large sums of money could be up for grabs.
♋ Cancer June 22-July 22 Others will be very demanding over the next 24 hours. If you know what's good for you, do as they say.

♌ Leo July 23-Aug. 23 If you are unhappy with certain aspects of your life, especially work, now is the time to do something about it.
♍ Virgo Aug. 24-Sept. 22 You may have to postpone something you have been looking forward to, but you have promises to keep.
♎ Libra Sept. 23-Oct. 23 If you have been taking too much for granted on the home front, today will bring you back to earth.
♏ Scorpio Oct. 24-Nov. 22 Today, you will discover someone has deceived you. The signs were there from the beginning.

♐ Sagittarius Nov. 23-Dec. 21 Something that has been nagging at your mind for ages will suddenly make perfect sense.
♑ Capricorn Dec. 22-Jan. 20 You may need to talk tough with someone today. Let your charm smooth off the rough edges.
♒ Aquarius Jan. 21-Feb. 18 You've worked hard and are wondering when you will see a reward. Don't be so impatient. It'll come.
♓ Pisces Feb. 19-March 20 You will be proved right today. Don't make the person who was wrong feel small. **SALLY BROMPTON**



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